

Yoga Bala

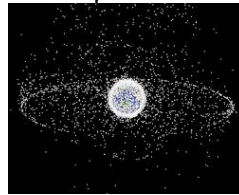
Fire



Air



Space



Earth



Water



Yoga and the Five Elemental Energies

Discover the mind, body and spirit connection through movement, breath and stillness

Yoga is one of the most powerful ways to restore health, because it brings the 5 elements of our being in to a harmonious relationship with each other. Explore how the fundamental yoga postures and their energetic relationship connect to the five elements or energies of nature.

These energies are symbolized as fire, air, space, earth and water

It is a natural law that each element takes its turn. One dominates at some time and then the other dominates. None of the element remains dominant forever. Wind blows, Rain comes, Sun shines, flowers bloom, fires ignite. In this world of change, nothing which comes stays, and nothing which goes is lost.

All of the five elements change in the body as well. As our energies change, we feel different in our physical body (strengths & weaknesses) as well different moods and sensations arise in the mind.

Through breath, movement, and thought processes our body's are able to utilize these elements in a harmonious way. Please join us for this all levels workshop.

Join Karrie AuBuchon of Yoga Bala in beautiful Sanibel Island to learn more about balancing the 5 Elements through Yoga

To learn more about Karrie please visit:

<http://www.yogabala.com>

Saturday March 17th

1:30-3:30pm

Sanibel Recreation Center

\$45.00 per person

To register please visit:

<http://yogabala.com/our-classes/workshops/>